



Staff Sgt. Cameron Snowdon leads fellow scouts Sgt. Wilmer Bolivaragred and Pfc. Jai Kela to their objective, Oct.21, during a close air support training mission with the Air Force and Marine Corps. The Soldiers of HHC, 1-27th Inf. Regt., 2nd SBCT, 25th ID, trained with Air Force Joint Terminal Attack Controllers and Marine Corps pilots to become proficient in utilizing close air support.

Soldiers, Airmen, Marines practice close air support

Story and photos by
SGT. IAN IVES
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

BELLOWS AIR FORCE STATION — Units from 2nd Stryker Brigade Combat Team, 25th Infantry Division, trained with assets of the 25th Air Support Operation Squadron (ASOS) and Marine Corps B-52 pilots on close air support missions, here, Oct. 21-23.

The training introduced joint terminal attack controllers (JTACs) from the Air Force and Marine bomber pilots with Army scout platoons from the 1st Battalion, 27th Inf. Regiment, 2nd SBCT, to become proficient in using fixed and rotary wing aircraft during combat missions.

“The integration starts with mission planning,” said Capt. Tim Murray, fire support element, 1-27th Inf. Regt. “The JTACs are with the scout platoons as they are briefed on the mission. From there, the Air Force will coordinate what assets are available and how best to deploy them.”

Murray ensured that the JTACs embedded in the scout platoons were being properly used to coordinate close air support operations. JTACs are specially-trained Airmen of the tactical air control party who communicate directly with in-air pilots to provide intelligence and joint combat support.

“At the end of the day, the Army uses joint forces in combat – that’s how we win,” said Murray.

“We need to understand other services’ capabilities and how

best to utilize them,” he said. “It doesn’t do me any good if I don’t know how to use and request the close air support, which is why we are doing this joint training.”

Overseeing the Air Force side of the training was Lt. Col. James Ladd, director of operations, 25th ASOS. Ladd ensured that the JTACs were capable of effectively communicating with pilots providing close air support. He also simulated the duty of an Air Force pilot during training missions without the Marines.

“The 25th ASOS is a unit that specifically supports the 25th ID,” said Ladd. “If the 25th ID deploys, we deploy with them as support. This training is great because, should we be deployed and a situation calls for close air support, it will not be our first time working together. It is one thing to know that aircrafts are in the sky, but it is most effective when those assets can be used properly to support the mission.”

The joint training is crucial knowledge for Soldiers and Airmen alike to have while in a deployed environment.

“We are getting a lot of junior Airmen ... out there and learning how to perform their duties with actual gunfire and aircrafts,” said Ladd. “Having exercises like this, that simulate a real combat situation, will help them see through the so-called fog of war, so that when the time comes to operate while deployed, they will be able to execute it methodically and precisely.”

The multi-service training exercise built confidence in the participants, and the 2nd SBCT now has Soldiers who are more knowledgeable of their joint assets.



Sgt. Carlos Techera, HHC, 1-27th Inf. Regt., 2nd SBCT, 25th ID, checks a courtyard during an urban operations mission, Oct. 21, with the Air Force and Marine Corps.

Lifesaving, damaged helmet returned to ‘Wolfhound’

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Still showing battle damage, a helmet that saved Staff Sgt. Joseph McKenzie’s life during a firefight in Afghanistan was returned to him at a ceremony at Quad D, here, Oct. 27.

McKenzie, of 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division, wore the helmet during a firefight in the winter of 2011.

“It’s a very exciting time in my life,” he said. “It brings it all back into perspective on how close something was for me not being here anymore.”

His wife, Candace, stood beside him as Col. Neal Hoffman IV, program manager, Soldier Protection and Individual Equipment, Program Executive Office (PEO) Soldier, presented the well-worn helmet to McKenzie before his fellow “Wolfhounds.”

“He’s been wanting to get it back for quite some time,” Candace said. “It’s really exciting.”

She said that she hadn’t met her future husband until a year after the battle.

“He can give it to Royce one day,” she said, as she looked at their 17-month-old son. “Royce will know the great things he has done, and the fact he’s alive is a great thing.”

McKenzie participated in Operation Strong Eagle III with 2nd Bn., 327th Inf. Regt., “No Slack,” 1st BCT, 101st Airborne Div., in Afghanistan’s rugged and snow-covered Ganjgal Valley.

“So, our actual platoon’s mission was setting up a blocking position on top of a mountain,” he said, describing the tough battle. “Basically, a platoon would maneuver through the valley and there would be other platoons out in the mountains in a defensive position to keep everybody contained, so no Taliban fighters could get out.”

During a lull in the battle, McKenzie ventured out to check on one of the other squads and get a bottle of lubricant for his rifle.

“I remember they threw it at me,” he said. “I went to catch it, I guess wearing gloves – stone hands – and I dropped it. When that happened, I simply just knelt down. As I knelt down, that’s when I was hit from above. Basically, while I was knelt down, I got shot right in the base plate.”

The realization of being wounded by gunfire hadn’t quit dawned on him, yet.

“At first, I didn’t think I got shot,” he said. “It felt like getting punched in the eye.”

Fragments from the round broke up when it hit the base plate that holds his night vision goggles and the lip of the helmet, less than an inch from his face, causing injuries near his right eye and right shoulder, he continued.

“It was the actual lead stuck in the helmet, and then the rest of the base plate is what actually caused the scaring and the initial swell from the helmet hitting me on the face,” he said.

McKenzie remained at the battle for about 12 hours while more critically wounded Soldiers received care before being medically evacuated. After returning to the rear, a medical officer attempted to send him out for further treatment out of Afghanistan.

“The doctor, he was telling me I was going to Germany and I was, like, I was going to go back,” he said.

At that point McKenzie had already given up his helmet for examination by PEO, and returned to his platoon a week and a half later with another helmet to remain with “No Slack” for the rest of his deployment.

A “No Slack” buddy of McKenzie had used a GoPro camera

to --record the battle, and about eight months ago, a video was placed on YouTube.

“My buddy told me he put it on there,” he said. “Then I looked on there, and it was all crazy. All these people that didn’t know me well in the company, because I’m still pretty new to the ‘Wolfhounds.’ They’re watching this crazy video and stuff.”

He felt a bit modest by the unexpected notoriety and attention he received from the video.

“I appreciate it,” he said “I’m not taking it for granted. It’s not sought after. I mean the video in general is a little humbling.”

At the end of it all, McKenzie was delighted to have back the helmet that saved his life.

“It really makes you think on how precious life is,” he said. “It puts life into perspective really quick.”



Staff Sgt. Joseph McKenzie, 2-27th Inf. Regt., 3rd BCT, 25th ID, receives the Advanced Combat Helmet (ACH) that saved his life back from Col. Neal Hoffman IV, POE Soldier, while his wife, Candace, and son, Royce, observe, Oct. 27.



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SECRETARY OF THE ARMY



Photo by Cpl. Cody W. Torkelson

21st Secretary of the Army Hon. John M. McHugh reviews troops from the U.S. Army's Old Guard, Fort Myer, Virginia, Oct. 23. McHugh is leaving his post Nov. 1 after more than six years as the Army's top leader.

Broncos hold Mission Command Conference

Story and photo by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Command teams from the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, conducted a Mission Command Conference, here, Oct. 26-29.

The conference was designed to get the commands together, review what the brigade did the past year and determine how to make units better.

“We would be amiss if we did not share these experiences across the formation, formalize the best practices in the SOP (standard operations procedures) and resolve remaining issues collaboratively,” said Maj. Joseph Wells, operation officer, 3rd BCT.

To begin the conference, the brigade reviewed its mission command and its planning SOPs. Afterwards, command teams and staff officers discussed the varying functions and forms of command posts.

“Throughout the conference, we explored the timing and nature of battalion and brigade touch points from step one of the Military Decision Making Process (MDMP) to rehearsal of concept and execution,” Wells said.

As members of the Profession of Arms, he said it is imperative that they examine their craft and reflect upon the experiences so that both the leaders and the organization can improve.

“We must constantly recalibrate our systems and

adapt our approaches to tackle the challenges that our nation assigns to us,” he said.

During the conference, the brigade also conducted an operations center shakedown where each battalion set up its Tactical Operations Center, so all could see how each battalion runs it.

According to Wells, this whole set up is so the com-

mand teams can share the best practices of Pacific Pathways and how they can operate while serving as a Contingency Response Force.

When the dust settled, the Broncos focused on the next step, in December, of exercising its refined operation procedures for Yama Sakura 69, an annual joint exercise with the Japan Ground Self-Defense Force.



Col. Scott Kelly, commander, 3rd BCT, 25th ID, addresses Lt. Gen. Stephen R. Lanza (bottom left), commander, I Corps, Joint Base Lewis McCord, and battalion command teams and staff officers, during the brigade Mission Command Conference, Oct. 26.

FTSTEPS in FAITH

Bad news is good when grown in humility

CHAPLAIN (CAPT.) KEVIN MCCARTY
29th Brigade Engineer Battalion,
3rd Brigade Combat Team
25th Infantry Division

Dan Allender is a noted Christian counselor, seminary president and author.

In his book, “Leading with a Limp,” he makes this comment:

“Humility comes from humiliation, not from the choice to be self-effacing or a strong urge to give others the credit” (p. 69).

Humility is one of those character traits that we all know we should have, say we would like to have, and even work at trying to live out. But his point here is that real humility comes from difficult and/or embarrassing situations.

It comes from the kind of situations upon which we spend huge amounts of energy trying to avoid. It happens when we find ourselves in circumstances that will not allow us to avoid looking at just how inadequate, or even more so, how selfish we can be. It reveals things about us that are truly bad news.

No one likes to be confronted by the bad news of one’s failures or selfishness. Yet, we encounter them in



McCarty

nearly every area of our lives.

We encounter them in our workplaces, in our families, in our marriages and even sometimes with material things. For example, have you ever lost your temper at your computer?

We encounter them in just about every situation we can think of, but especially in those that involve human relationships. Life has an ironic way of continually revealing to us the things about ourselves that we most don’t want to see.

And it will always be this way. Learning humility is not one of those things that gets easier with time. Just when we think we’ve learned the lesson, some new humiliation pops up and surprises us all over again.

But it’s not the humiliation by itself that intimidates us. It’s also this assumption that the ugly truth revealed to us is the last word. – It’s not!

This lie can tempt us to wallow in our inadequacy or become angry that the world will not allow us our selfishness. But we don’t learn humility by focusing on our

failings and selfishness any more than we do by avoiding them.

Faith’s response is simple and rejuvenating:

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:10).

Confession opens the door to forgiveness. After this comes our repentance, an effort to live differently.

This same pattern is what happens when we have the courage to confess how we have hurt our spouses.

Confession admits wrongdoing. Our spouses then have the opportunity to let go of their hurt and accept us despite our failings.

As a result, we become more secure in our relationship and can respond with deeper, more meaningful expressions of love.

A bad situation is redeemed, and in the end, the relationship is more secure and better than it was before.

This is how bad news is good. It becomes the first step in redeeming a situation that will not go away no matter how much we avoid it. It’s humbling, but it makes us – and our world around us – more beautiful than what we were before.

Voices of Ohana

In support of the **Take A Stand!** campaign,
“What does **Take A Stand!** mean to you?”
By Doris Pangelinan, Hawaii Army Weekly



“It’s a good program the Army’s created to help deal with those situations when they occur.”

Sgt. Kevin Buchanan,
2-35th Inf., 3rd BCT,
25th ID



“If you see something happen, regardless of rank or situation, stand up and say something. Give the situation light.”

Staff Sgt.
Jackie Garza,
2-25th Avn. Bn.,
25th CAB,
25th ID



“Don’t let someone go through something that you wouldn’t go through by yourself. We’re here as a team. There are no individuals.”

Pvt. Marquell
Lassiter,
728th MP Bn.,
8th MP Bde.,
8th TSC



“Always being available for them and helping them out; dropping everything to ensure they’re taken care of.”

1st Lt. Tracy Ross,
205th MI Bn.,
500th MI Brigade



“To not be a bystander – to do something when you can.”

Staff Sgt. Miguel
Ulloa,
29th Eng. Bn.,
3rd BCT,
25th ID

IMCOM-Pacific director sends holiday safety message



Altendorf

DR. CHRISTINE T. ALTENDORF
Director, Installation Management Command
Pacific Region

During November, we celebrate two very important national holidays: Veterans Day and Thanksgiving. Veterans Day honors all American men and women who have served in the armed services throughout our nation’s history. It provides us the opportunity to celebrate, in gratitude, and lets us recognize the selfless service and sacrifice of our warfighters ensuring our security and freedom.

As we celebrate Thanksgiving, I ask you to be vigilant in looking after the safety of yourself, your family and friends. Keep your mind on safety basics. Wear a seatbelt, don’t drink and drive, and don’t speed. Your plan for a designated driver should not be created after you have had your first drink. Make sure you are not just driving safely, but that you are keeping an eye out for the travelers around you. The biggest hazards out there are the other drivers and those who try to multitask by also texting or using cell phones. Although a time of joy and goodwill, this season brings

particular hazards that can be unforgiving to the unprepared. Now is a good time for us to remember how to reduce risks on these holidays. On Veterans Day and Thanksgiving, regardless of your holiday plans, please be aware of the hazards, take action to guard against them, and execute good safety practices. You are too important to your own families to fall victim to a preventable accident. Be safe, enjoy the food and fellowship, and return to your organization with the spirit that makes our country great. I wish everyone safe and happy holidays.

2015 Veterans Day ceremonies, events announced for Oahu

Compiled by
U.S. ARMY GARRISON-HAWAII
Public Affairs

Since 1919, Americans have paused to remember the service of Soldiers who have served. The Army is committed to lifelong success for Soldiers, veterans and their families by connecting them with opportunities for employment, education and health care post military service. Most of the events listed below have Army Hawaii Soldiers participating. All are encouraged to attend.

•Nov. 7, 9 a.m.: The 25th Infantry Division is participating in the Waianae Military Civilian Advisory Council's 33rd annual Veterans Day Parade.

The parade will begin at the Waianae Boat Harbor and end at the Waianae Mall. Come out and give a shaka to our Tropic Lightning Soldiers. The event is expected to have 400 marchers, 25 vehicles and several bands.

•Nov. 11, 8 a.m.-5 p.m.: In honor of Veterans Day, Pacific Aviation Museum Pearl Harbor offers free admission to veterans and family members. Please show military ID upon arrival. Salute! Visit www.PacificAviationMuseum.org/events/veterans-day.

•Nov. 11, 9 a.m.: The Oahu Veterans Council (OVC) will hold its Veterans Day Memorial Ceremony at the National Memorial Cemetery of the Pacific, or Punchbowl, located at 2177

Puowaina Dr., Honolulu. The OVC holds this ceremony every year to honor veterans past and present for their dedicated service to our country.

•Nov. 11, 10 a.m.: The Wahiawa Lion's Club will conduct its 69th annual Veterans Day Parade. This event will honor our veterans, active military Soldiers, National Guardsmen, and U.S. Army Reservists for their commendable duty in preserving freedom in our nation. The event will be at the Wahiawa District Park. The 25th ID will participate with a band, vehicles and a marching unit.

•Nov. 11, 11 a.m.: The Waianae Veterans of Foreign Wars will host a Veterans Day ceremony

at the Pililaau Army Recreation Cener, Waianae.

•Nov. 11, 1 p.m.: Governor David Y. Ige will host the Veterans Day Ceremony at the Hawaiian State Veterans Cemetery, 45-349 Kamehameha Hwy., Kaneohe. The ceremony is intended to honor and thank all who have served in the U.S. armed forces. Aloha attire or Class B uniform is the dress. Music will be provided by the 111th Army Band.

•Nov. 11, Sunset, 4:30 p.m.: The USS Missouri Memorial Veterans Day Ceremony will be conducted on the ship’s fantail. Complimentary round-trip shuttle service to Ford Island for the event begins at 3:30 p.m. Guests should be seated by 4:15 p.m. (See related story below.)

Battleship Missouri to host veterans at sunset ceremony, Wednesday

BATTLESHIP MISSOURI MEMORIAL
News Release

PEARL HARBOR — Services around the world honoring the sacrifice and valor of our nation’s veterans will come to a close with a special Veterans Day sunset ceremony onboard the Battleship Missouri Memorial, Nov. 11.

The event will honor the service of all our nation’s veterans and feature a special tribute to those who served in the Vietnam War, as this year marks the 40th anniversary of its conclusion.

“It is an honor to host our nation’s final Veterans Day service onboard the majestic USS Missouri, which today stands in the waters of Pearl Harbor as a historic symbol of peace that reflects all of our veterans’ steadfast courage and commitment,” said Michael Carr, president & CEO of the USS Missouri Memorial Association. “We look forward to honoring America’s heroes and their families who have sacrificed so much to protect the country and freedoms we cherish every day.” U.S. Representative and combat veteran Tulsi Gabbard (HI-02) will deliver the keynote address.

Combat veteran, major, Rep. Tulsi Gabbard will deliver keynote address

Rep. Gabbard is a member of both the House Armed Services Committee and House Committee on Foreign Affairs. She also serves as a Military Police major in the Hawaii Army National Guard, where she served two tours of duty in the Middle East.

Retired Navy Capt. Gerald “Jerry” Coffee, Vietnam War veteran and prisoner of war for seven years, will address attendees as the ceremony’s distinguished guest speaker.

Tim Guard, chairman of the board, USS Missouri Memorial Association, and a Vietnam veteran, will also present remarks.

The event runs from 4:30-5:30 p.m. and is free and open to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.



File photo from the USS Missouri Memorial Association, Inc.

The Veterans Day sunset ceremony will take place aboard the battleship USS Missouri at Pearl Harbor.

599th Trans. offloads USMC equipment returning from ‘Down Under’

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

PEARL HARBOR — The 599th Transportation Brigade teamed up with Fleet Logistics Center Pearl Harbor to offload the Marine Corps’ cargo and equipment from the ship Thorco Conquest, here, Monday.

Because the ship arrived Sunday at 7 p.m., it couldn’t be offloaded until the next morning, said Elizabeth Jimenez, terminal division director at Fleet Logistics Center Pearl Harbor.

“We had our safety briefing at 6:30 a.m. The unlashing was finished, and we began offloading the ship at 8 a.m.,” said Jimenez.

Chief Warrant Officer 2 Justin Rehm is the mobility officer for Marine Aircraft Group 24 at Kaneohe Bay.

“This equipment is returning from Marine Rotational Force-Darwin,” Rehm said. “It belongs to Marine Heavy Helicopter Squadron 463.”

Rehm said the equipment originally left Hawaii in April for a six-month deployment to Darwin, Australia.

“The discharge will finish today and then we’ll take it back to K-Bay later this week,” Rehm said. “The rest of the equipment the unit used during its deployment has already returned. This is the final shipment,” he added.

Any Marine unit could be deployed to work for the next cycle, said Rehm, because Darwin is a Marine Forces Pacific initiative.

The ship has two cranes; however, because of the relatively small size of the discharge, only one was used for the move, said John Manahane, 599th traffic management specialist.

Manahane said, in addition to overseeing the operation, 599th personnel also checked cargo as it came off the ship.

Capt. Timothy Shelby, command operations center chief, acted as the deployment and distribution management team officer in charge for the offload.

“The operation was a complete success with no safety issues. The 599th Trans. Bde. Soldiers who worked the operation performed extremely well. They were an integral part in discharging and accounting for all equipment,” Shelby said.

“It was a very smooth, joint operation. All elements — the Marines, Navy and Army — acted together for a seamless port operation,” he continued.

Pavel Ivanov, chief officer of the Thorco Conquest, said, to his knowledge, this is the first shipment the ship has made on behalf of the U.S. military.

“We loaded the ship in Australia, Oct. 10. This voyage was uneventful, but not smooth,” Ivanov said. “We had 3-meter swells during the trip.”

Although the ship’s company had planned to change crew at Pearl Harbor, because of restrictions there, they will have to wait until the next port of call, said Ivanov.

Shelby said, in all, 57 pieces were offloaded. The operation finished Monday at 2:05 p.m.

According to the ship’s website, the Thorco Conquest is a 142.63-meter, lift-on lift-off, uncelled, multipurpose vessel that is strengthened for heavy cargo. It can hold 14,694.72 cubic meters of cargo.



Stevedores steady Marine Corps equipment, Monday, as it is lifted off the cargo vessel Thorco Conquest during a discharge operation at Pearl Harbor.

Although it was the first time the ship was used for the U.S. military, the offloading was deemed “seamless.”

IO builds partnerships

MAJ. CHEREE BROWNE
Information Operations
25th Infantry Division

HONOLULU — Soldiers from across the 25th Infantry Division attended the Information Operations in the Pacific Symposium, Oct. 22, to discuss and examine the role of information operations (IO) and electronic warfare (EW) in the emerging threat of hybrid warfare.

More than 100 service members and civilians from Oahu’s military organizations and countries throughout the Pacific’s area of responsibility participated in panel discussions at the Hale Koa Hotel that ranged from Russian Internet activities in hybrid warfare to cyber security in the Asian-Pacific region.

“The symposium was a great opportunity for IO, PSYOP and EW practitioners, across the services and the PACOM (Pacific Command) area of responsibility, to share ideas and experiences about emerging threats posed by a hybrid environment,” said Sgt. Maj. Lamar Crites, Psychosocial Operations, 25th ID.

“Additionally, we discussed the importance of placing command emphasis on information operations and electronic warfare,” he said.

U.S. participants and partnered countries discussed how collaborations on EW and IO could help shape conditions for improvements to cyber security efforts in the Pacific theater.

The symposium provided a venue for increased awareness of Asia-Pacific issues, and an opportunity for networking with delegates from Singapore, the Philippines, Japan, the United Kingdom, Australia, New Zealand and Canada.

Attendees explored options on how information can be used at the strategic and tactical levels while addressing the challenges of threats posed by hybrid warfare. Participants and panel members addressed alliance and partner cooperation, and the need for transparency in a time of shifting military strength in the Pacific.

They also discussed the need for EW and IO to be integrated in the planning process from the

tactical-to-strategic level in the Indo-Pacific region.

Chief Warrant Officer Robert Reynolds, EW planner, 25th ID IO, said the symposium gave him insight into how to develop a way forward for using EW in support of partnered countries to achieve military effects.

“I think the IO symposium is a great way to be exposed to the concerns that our partnership countries in the Asia-Pacific region face in the realm of information operations and electronic warfare,” he said. “I think this was an opportunity to reinforce a continued desire to build up engagement opportunities with our military and civilian counterparts across the area of responsibility.”

Lt. Col. James Smith, 25th ID IO, agreed, saying the most important aspect of the symposium was the opportunity to form relationships and develop multilateral cooperation among the participants.

“We couldn’t execute our mission in the Pacific area of responsibility without the help of partner countries like Australia and Singapore, and I am so appreciative that they came to Hawaii and supported this event,” Smith said. “It has been a great experience to gain various perspectives from our partner countries.”



DOD needs to improve cyber culture, CIO says

LISA FERDINANDO
DOD News, Defense Media Activity

WASHINGTON — The Defense Department needs to change its cyber culture to protect its networks from the relentless threat from hackers, the department’s chief information officer said recently.

“I get a question all the time, ‘What keeps me awake?’ I think most people expect me to answer it’s security or it’s dollars. It’s neither of those things. It’s culture,” Terry Halvorsen told a reporters’ breakfast, here, hosted by “The Christian Science Monitor.”

The Internet is an “important part of our business, an important part of our culture, but you have to go there with the right rules and right understandings,” he said.

DOD has to establish a “culture of cyber discipline,” he said, because the attacks against the agency networks are constant. “There’s not a time when I’m not being attacked somewhere in the world,” he said.

With hackers generally out of the public’s view, he explained, “I think it’s easy for people to forget that there are bad actors out there.”

Understanding cyber economics

Good cyber defenses include a combination of tools, culture, and training and education, Halvorsen said.

“It’s really also educating leaders at every level what their responsibilities are and what they need to know,” he added.

The Defense Department needs to change its cyber economics as well, Halvorsen said.

“It is much less expensive for someone to attack us than it is for us to defend, and we got to turn that around,” he explained. “Today, we are really on the wrong side of that piece.”

Cyber is a relatively new warfare, he noted.

As with any domain, such as aviation or nuclear, it takes time to build and secure, he said. A big difference in cyber, he told the reporters, is that it moves faster than any other warfare area.

“That’s a challenge,” he said. “We’re in the midst of having to make some major culture changes.”

DOD is working to automate as much of its cyber security as it can, to get to where the defenses “self-learn” and take actions to stop or quarantine an attack, he said.

An enterprise culture is also needed, the Pentagon’s CIO said.

“Cyber is forcing us to think different about that,” he added. “Unlike other areas, cyber truly is enterprise, because it’s connected.”

Industry partnership

For the first time, the Defense Department is putting civilians in private information technology companies for six months, and private IT company personnel are doing tours at DOD, Halvorsen said.

During World War II, it was not uncommon, he said, for people to move back and forth between private and government jobs, and to have industry partners working on government projects.

The government could benefit greatly from a partnership with private IT firms, he said. Smaller companies could partner up with larger firms to help with scalability for government projects, the CIO noted.

A constant issue Halvorsen said he faces is that people will present him with a computer technology that has been tested for 25,000 people.

“They get mad when I say, ‘Well that’s good. Now you have to test it for about a million, so I can know that it will scale.’”

CID warns individuals of extortion, blackmail scams

U.S. ARMY CRIMINAL
INVESTIGATION COMMAND

News Release

QUANTICO, Virginia — For many, the words extortion and blackmail bring forth images of Hollywood movies, celebrities having illicit affairs and corporations trying to hide a wrongdoing.

In today’s world of Internet communications, Internet dating and social networking, extortion and blackmail can happen to anyone who discusses, admit or posts a lapse in judgment or their personal or financial issues over the Internet.

More alarming, extortion and blackmail can happen to innocent individuals whose personal information has been stolen as part of a data breach.

The U.S. Army Criminal Investigation Command, commonly known as CID, warns the Army community to be aware of Internet extortion and blackmail scams and report any instance where a Soldier, Army dependent or Army civilian is or has been faced with threats involving the payment of money or other valuables.

Extortion and blackmail are crimes that have grave consequences for victims, to include financial loss. The FBI’s Internet Crime Complaint Center 2014 Internet Crime Report stated that more than \$16 million dollars was extorted from victims that year.

“In many instances, the situation begins when an unknowing victim is befriended by someone on the Internet, often as part of an online dating or social media site,” said Daniel Andrews, director of CID’s Computer Crime Investigative Unit.

“The scammer quickly builds a friendship and trust with the victim, and will begin to ask for or discuss information or photos that could be hurtful to one’s personal or professional life, if revealed. Because the victim does not realize they are being scammed, they see the requests or dis-

cussion as a normal part of the developing friendship and are willing to share the information,” Andrews explained.

To the victim’s surprise, Andrews said, the scammers then threaten to release that information if money is not paid.

Another instance of extortion can occur when scammers obtain an individual’s personal information as part of a data breach. Such breaches, according to the Identity Theft Resource Center, occurred 591 times in the first nine months of this year alone, compromising more than 175 million records.

“Following a data breach, these scammers, these criminals, may try to extort money from individuals who have a personal, financial or medical condition they would not want exposed,” Andrews said.

The FBI report gave one example, called payday loans, deferred-deposit check loans or cash advance loans, as the most abundant type of extortion scam reported. The scam takes place when an individual’s personal information has been revealed to what may appear to be a legitimate business. The scammer calls the individual notifying him that a loan in his or her name is delinquent and must be paid in full to avoid legal consequences.

The scammer has accurate information, such as social security numbers, birth dates, bank account numbers, etc., and poses as a representative of a legitimate agency collecting debt. The scammer often refuses to provide details of the alleged loan and may become abusive when questioned. The FBI report further states that victims are often threatened with legal action, arrests and, in some cases, physical violence if they refuse to pay.

“Extortion is a touchy subject,” Andrews said, “because it often deals with intimate or very per-

sonal information. Army personnel, however, need to be upfront and report it, and they should not pay any money if they are being extorted.”

CID officials said the best thing Soldiers, civilians and their family members can do is to try to prevent it from ever taking place. All are encouraged to be cautious with their online presence and what information they give to people they have met online or via email, and be vigilant when receiving calls from individuals posing as legitimate businesses.

Whether or not your data has been stolen, officials said, you need to be informed and wary of spam, phishing emails and promises of protection by identity theft and credit repair services from future exposure. Officials further warn individuals to be suspicious of communications regarding data breaches that do not come from

credible sources.

“The CID will continue to aggressively investigate and work with our global partners to prosecute those who threaten our military forces and attempt to defraud them of their hard-earned

Contacting CID

Soldiers, Army civilians and their family members who have been threatened with extortion should contact their installation Military Police or CID office. Individuals can also email CID at Army.CID.Crime.Tips@mail.mil, or call 1-844-ARMY-CID (844-276-9243).



File graphic

The FBI’s Internet Crime 2104 Crime Report stated that more than \$16 million dollars was extorted from victims that year.

Troops give thumbs up for new transition program

TERRI MOON CRONK
DOD News, Defense Media Activity

WASHINGTON — In the latest survey results from graduates of the military’s redesigned Transition Assistance Program (TAP), more than 80 percent of former service members said the curriculum prepared them well to re-enter the civilian workforce, a DOD official told a House Armed Services Committee panel, Oct. 28.

Susan Kelly, DOD’s director of the Transition to Veterans Program, joined service leaders to update the committee’s military personnel subcommittee on the progress of the program, which was significantly expanded two years ago under Kelly’s direction.

The new weeklong mandatory curriculum is now offered in full at 206 installations, she said, adding that it offers four core components:

- 1- Adopt career readiness standards, or CRS, which measure a service member’s preparedness to depart from active duty.
- 2- Develop Transition GPS, a curriculum that builds the skills needed by service members to meet the CRS.
- 3- A capstone event, during which comman-

ders verify their members have met CRS, or, if not, ensure that they receive additional training or a warm handover.

4- Implementation to the military lifecycle transition model, which aligns transition activities with touchpoints across the military career.

Positive Results

“We’ve accomplished these core objectives, and the results are clear,” Kelly said, citing the most recent participant assessment data, in which more than 80 percent of the participants said they “gained valuable information and skills to plan their transition, that the training enhanced their confidence in their transition, they intended to use what they learned in the classes, and that they knew how to access appropriate resources post separation.”

Kelly said more than 150,000 service members separated from active duty between October 2014 and August 2015.

“Based on data verified by the Defense Manpower Data Center,” she told the panel, “94 percent of these eligible members met the (Veterans Opportunity to Work, or VOW, Act) mandate; 88

percent either met career readiness standards or received a warm handover.”

The redesigned program encompasses the requirements of the VOW to Hire Heroes Act of 2011. TAP was reorganized and reintroduced in 2013 as required training for service members transitioning back to civilian life to pursue careers and further their education, Kelly said, in an earlier interview with DOD News.

Partner agencies add resources

“These results indicate the commitment of the services and our partners to prepare members for civilian life,” Kelly testified, adding that partner agencies include Veterans Affairs, the Labor and Education departments, the Small Business Administration and the Office of Personnel Management.

Such agency cooperation has become an integral part of the program’s interagency governance structure, which assesses and modifies the program in concert with the services to continually improve the program, she added.

In the last two years, both public and private organizations have recognized that service mem-

bers “present an incredible pool of talent, and they seek increased opportunities to harness that talent,” Kelly said.

“In collaboration with the U.S. Chamber of Commerce’s Foundation Hiring Our Heroes, we’ve helped shape the environment in which employers gain early access to transitioning service members and their spouses,” she noted.

Thousands of members have attended 18 large-scale transition summits at U.S. and overseas installations, she said, adding that the Energy, Agriculture and Homeland Security departments target service members for industry jobs.

“Through the SkillBridge authority, under the office of the assistant secretary of defense for readiness, a growing number of members have developed skills for employment in high-demand industries,” Kelly pointed out.

The redesigned program has had tremendous forward movement, Kelly told the panel.

“We must continue to work with federal partners and the private sector to gather lessons learned, improve the curriculum, instill a culture of planning for post-military life and develop pipelines into the national workforce,” she added.

Coke joins 561 corporations promising to hire Soldiers

DAVID VERGUN
Army News Service

WASHINGTON — “We again and again find that the young people we bring in (to corporate America) from the military turn out to be very strong associates. They’ve been tested. They’ve been trained. They’ve been through adversity. They’ve proven themselves,” said Mark P. Rahiya.

“And we and other organizations throughout the private sector need to continue to understand how to translate those experiences and those skills into what we need. That’s one of the goals of this program,” said Partnership for Youth Success, or PaYS.

Rahiya, chief of U.S. sales and operations for Coca-Cola Refreshments USA, Inc., and others spoke at a PaYS Memorandum of Agreement, or MOA, signing between the Army and Coca-Cola during a Pentagon ceremony, Oct. 23.

Coca-Cola is the 562nd corporation to sign an MOA with the Army since 2000, the year PaYS stood up, said Mark S. Davis, deputy assistant secretary of the Army for marketing, and director of Army Marketing and Research Group.

Other PaYS partners include Facebook, Inc.; Sony Computer Entertainment America, LLC;

Caterpillar; Amazon; Southwest Airlines; and many additional Fortune 500 companies and others.

How PaYS works

Lt. Gen. James C. McConville, deputy chief of staff, G-1, explained that the MOA means corporations or public-sector agencies have promised job interviews and possible employment to Soldiers, who’ve joined the Army through PaYS, once their term of military service has ended. During their time in the Army, Soldiers’ military occupational specialties, or MOSs, and training are matched to corresponding PaYS partners’ skills and knowledge, so they’ll have the necessary skill sets.

Thus far, about 161,000 Soldiers have come into the active Army through PaYS, McConville said. Another 36,000 have come into the Reserve.

Also, of 2,440 interviews conducted since 2013, 1,183 were hired as a result, according to a PaYS fact sheet.

(Editor’s note: See the rest of this article at www.hawaiiarmyweekly.com. Per Department of Defense policy, the Army does not provide official endorsements to corporations.)



Photo by Metro Creative Connection

Coca-Cola is now one of 561 corporations that has promised job interviews and possible employment to Soldiers.

DPW encourages mold awareness, energy conservation

SANTIAGO HERNANDEZ
Directorate of Public Works
U.S. Army Garrison-Hawaii

Many people on Oahu experience mold issues at one point or another and why wouldn't they? The Hawaiian environment is perfect for mold to reproduce, thrive and spread.

Mold growth only requires three things to prosper:

- 1- Relative humidity greater than 60 percent, such as from moisture from water spills, leaky roofs and condensation.
- 2- Food, such as dirty carpeting, dust, etc.
- 3- Water.

Furthermore, adding to mold issues are improper uses of heating, ventilation and air conditioning (HVAC/AC) systems, which contribute immensely to its proliferation.

So how exactly are Soldiers, U.S. Army Garrison-Hawaii residents and employees expected to combat mold, and how do HVAC systems contribute to its growth cycles?

Solutions

The solution is easier than you think.

"The very fact that people have mold issues at home or at the workplace says one thing.

Their HVAC system is properly working as it was designed to do. So, if you see mold, technically, there is nothing wrong with your air condi-

tioning system; however, the existence of mold means something else is wrong.

"From day-to-day, I conduct HVAC inspections throughout USAG-HI," said Todd Hirayasu, USAG-HI Directorate of Public Works, mechanical HVAC engineer. "Many people assume, because they have a mold issue, there is something wrong with their air conditioning; however, many times that is not the case.

"Normally, I look for three things," Hirayasu said. "One, operational hours of the unit; two, unit temperature set-point; and three, infiltration. Mold is normally caused by one or more of the above."

Hirayasu added, "First, I check to see when the HVAC system operates. If I notice the system runs during nonoperational hours (during the absence of people and operational equipment heat), then it is highly expected that the relative humidity in the room will increase. When the moisture in the air increases and air temperatures are cooler, mold will grow. This is not good; however, running the HVAC unit for nothing is pointless (in many cases) and wasteful."

He continued, "The second most important factor I inspect for is the temperature set-point (thermostat setting). The lower the setting and the longer you run a system, the colder you make the area.

Relative humidity increases. The higher hu-

midity effect provides mold the perfect opportunity to flourish."

Infiltration

Leaky roofs, cracked windows and clogged drains, which condensate underneath systems, are the third leading cause of mold growth. Furthermore, inadvertently leaving windows and doors open, thereby letting warm moist air into conditioned areas, promotes the formation of condensation on cold surfaces. This moisture buildup becomes the perfect breeding ground for mold.

So how do you reduce your chances of mold exposure?

According to Hirayasu, "First, only run your HVAC system during hours of operation, or when there are people in the room. Never run your system when no one is present. Allowing the system to run for no reason is financially wasteful and environmentally abusive.

"Second, choose a temperature set-point as high as possible, yet one that keeps you feeling comfortable.

I set everyone's thermostat to 74 degrees Fahrenheit – plus or minus 2 degrees Fahrenheit – especially considering it is the USAG-HI set-point standard. I found out that this temperature setting happens to be equally good for the environment (energy conservation), occupants

and as a mold deterrent."

Hirayasu added, "Third, make sure there are no roof leaks and cracked windows in your home or office.

Eliminate anything, which will allow warm outside air from making contact with cold surfaces in conditioned spaces. As previously mentioned, when this happens it provides a good starting point for mold growth."

Combating mold and saving energy is easily achieved by following the same simple steps. Do not misuse your HVAC system.

Have it on during operational hours, set at 74 degrees Fahrenheit. Operating it at lower temperatures and during nonoperational hours wastes energy and increases moisture or relative humidity.

Fix infiltration issues, such as leaky roofs, cracked windows and empty water pans. A combination of cooler temperatures and a moisture source provide the ultimate breeding ground for mold.

The same steps used toward combating mold are the same required to conserve energy. It is easy and everyone can do it. Let's prevent mold and conserve energy at the same time.

Pass it on. Everyone is responsible for doing his or her part!

(Note: Hernandez is the USAG-HI DPW energy conservation manager.)

Pearl Harbor vehicle registration office reopens

Story and photo by
JOINT BASE PEARL HARBOR-HICKAM
Public Affairs

PEARL HARBOR — The City & County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam reopened Monday.

The vehicle registration office provides motor vehicle registration services to Oahu military personnel, their family members and civilian personnel who have access to military bases.

The office is located at 915 North Road, Building 1314, in the Club Pearl Complex and will open for appointments, weekdays, 8:30 a.m. to 4 p.m. The office will be closed on all state and federal holidays.

The vehicle registration office opened in April 2014 as a yearlong pilot project. The office subsequently closed to make adjustments to the program. The office, previously open for appointments on Tuesdays and Thursdays, will now be open Monday through Friday.


Services offered include the following: vehicle transactions related to initial vehicle registration; out-of-state permits; transfer of ownership; replacement of Hawaii plates and/or registration emblems; duplicate Honolulu titles and registrations; ordering of special plates, veteran's plates and organizational plates; and junking and storage.

Appointments

Make your vehicle registration appointment at www.satellitecityhall.com/jbphh-motor-vehicle-registration-office.html, or visit www.cnmc.navy.mil/pearlharbor-hickam/.

For more information, visit the City & County of Honolulu's Satellite City Hall at www.satellitecityhall.com.





Today

Hepatitis C — The VA is stepping up its efforts to accelerate treatment for veterans with hepatitis C and advanced liver disease through the creation of a Hepatitis C-ALD dashboard.

Visit www.hsrd.research.va.gov/news/video/heap.cfm.

Pearl Harbor Volunteers — The Navy and National Park Service need active duty personnel to volunteer for the 74th anniversary of the attack on Pearl Harbor.

Call 473-5752 by Nov. 24.

Survey — Improve services and programs in garrison by taking the survey at www.surveymonkey.com/r/U

SARHAW2015. Call 656-0880.

Voting Registration — Are you registered in your home state? Call 655-5546 or visit www.fvap.gov.

Federal Bennies — Learn how to make your own FEHB open season election and more. Visit www.atrrs.army.mil/channels/chrtas/student/logon.aspx. Course code is JB8AFEHB.

CFPB — The Consumer Financial Protection Bureau filed an administrative order against Security National Automotive Acceptance Company for engaging in illegal debt collection practices, requiring the company to refund or credit about \$2.28 million to service members who were allegedly harmed and pay a penalty of \$1 million.

Visit consumerfinance.gov/newsroom/cfpb-orders-servicemember-auto-loan-company-to-pay-3-28-million-for-illegal-debt-collection-tactics.


8 / Sunday

Go for Broke! — The OC16 feature, "All the Things We Are Veteran's Day Special 2015," premieres today, 7:30 p.m., with encore presentations Nov. 9, 11, 14 and 18.

The exclusive half-hour fall special features Hawaii's World War II Nisei veterans as they share their stories of courage and talk about how the bombing of Pearl Harbor forever changed their lives and our state.

9 / Monday

USS Oklahoma — A Dignified Transfer Ceremony takes place, 7 a.m., at the National Memorial Cemetery of the Pacific to honor the final group of Sailors from the USS Oklahoma, who have been unaccounted for from the attack on Pearl Harbor, Dec. 7, 1941. Recent advances in forensic science have made it possible to make individual identifications long buried in USS Oklahoma graves marked "unknown."



Today

Tunnel Vision — The state has announced that emergency repairs in the Wilson Tunnel have finished ahead of schedule and the Likeline Highway should now be fully reopened in the Honolulu-bound direction.

Wilson Road — There will be intermittent road closures, 7 a.m. to 5:30 p.m., at Fort Shafter's Wilson Road, near Bldg. 420, the Post Office and the intersection at Montgomery Drive, from today until Dec. 20.

Traffic on Warner Road headed towards the PX will be detoured onto Pierce Street between Bldgs. 435 and 438, and from the PX headed toward Warner Road. Traffic will be detoured onto Mont-

gomery Drive. Traffic on Montgomery Drive headed towards the PX parking lot will not be affected.

Cadet Sheridan — Schofield's Sheridan Road is completely closed from the north side of Elou Street to the south side of Trimble Road, 8:30 a.m.-3:30 p.m., until Nov. 10.

A portion of the Trimble right-turn lane onto southbound Cadet Sheridan Road is also closed.

8 / Sunday

Home on the Range — Noise from demolitions and artillery may be heard by surrounding communities. The training continues into December, ending on Dec. 7.

Weather can increase noise and vibrations. To report concerns related to noise or training, call 656-3487 or email us aghi.comrel@gmail.com.


9 / Monday

Sheridan & McCornack — There will be a road closure, 8:30 a.m.-5:30 p.m. until

Nov. 22 at the Schofield intersection of Cadet Sheridan and McCornack roads. McCornack won't be accessible from Cadet Sheridan, but will be accessible from Hewitt Street and Collier Loop.

14 / Saturday

Power Outage — Shafter's Bldg. 520 will be without power, 7 a.m.-3 p.m.



16 / Monday

A Bridge Not Far — Both lanes of Kamehameha Highway, just north of Wahiawa, will be closed, 9 p.m.-4 a.m., and again, same hours, on Nov. 17, at the Karsten Thot Bridge between Whitmore and Kilani avenues. There will be a marked detour around the road closure. Call 682-4833.



Kristy Osborn (right), fitness trainer and group aerobics coordinator at the Schofield Health and Fitness Center, instructs members of Headquarters and Headquarters Det., 500th MI Bde., during a cycling workout, Oct. 30.

MI cycles to fitness

Story and photo by
STAFF SGT. THOMAS G. COLLINS
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — Soldiers from Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade, participated in a cycling class at the Health and Fitness Center, here, Oct 30.

The session, led and coordinated by the unit’s Master Fitness Trainer, Staff Sgt. Loni Y. Martinez, and conducted by Kristy Osborn, a fitness trainer and group aerobics instructor, started off with a warm-up, a 1-mile run to the gym, a cycling workout, cool down exercises and another 1-mile run back to the unit area.

“It was a very basic cycling workout consisting of five iterations of cardio and muscular endurance with two minutes of each,” said Martinez. “When Soldiers think about cycling, they might say that it’s just a leg workout, but what they fail to realize is that the main focus is on their core muscles.”

Focusing on the body’s core, while working on mobility and endurance, are components of the physical readiness training (PRT) program. This class provided ideas for the Soldiers to incorporate in their own workouts.

“The intent for the workout is to break-up and change the routine to show the Soldiers how PRT can be in-

corporated in everyday movements,” said Huerta.

Sgt. David McCune, paralegal, liked the change of pace.

“It was different, and I enjoyed it very much!” McCune said.

In addition to training, the workout was intended to build camaraderie among the detachment.

“Doing something different, like this workout, really gets everyone involved,” said McCune. “When everyone gets into it, it makes for a better workout.”

“My primary goal was to promote physical fitness by using the same concepts from PRT, but staying away from repetition,” said Martinez. “Physical fitness is an individual responsibility. When leaders get Soldiers involved in other activities, they become exposed to other resources and other types of workouts motivating and challenging them.”

Cycling is an alternative workout for Soldiers who are on recovery from a lower extremity injury. Cycling is a low-impact exercise, which means that it will not put pressure on knees and joints, as other aerobic or running exercises do.

“Any type of exercise can relieve stress. However, a spinning class can be a more efficient stress reliever than most types of exercise,” said Martinez. “This is due to the fact that the workout is intensive, and it is a class where you can meet people and socialize.”

Graduates of HI Veterans Treatment Court celebrated

LIANA KIM
311th Signal Command (Theater) Public Affairs

HONOLULU — Amid tears of victory and cheers from family and friends, five veterans began their new lives with a graduation ceremony in a courtroom, Oct. 23.

“Like the phoenix, you have been cleansed by fire, and survived,” said keynote speaker Capt. James D. Jenkins, chief of staff, 14th District, U.S. Coast Guard. “Like the prodigal son, you have returned.”

This second graduating class of the Hawaii Veterans Treatment Court of the First Circuit (Oahu) marked the successful completion by 10 veterans of the intensive, two-year program facilitated by the Veterans Affairs Pacific Islands Health Care System. The first class graduated in January.

Circuit Court Judge Edward H. Kubo Jr., who presided over the ceremony, presented each graduate with the State of Hawaii Judiciary Medal of Merit and a chance to share a few words.

“I am grateful to my family for staying with me,” one graduate said, waving to his children.

Another said, “Thanks to my mentor for believing in me.”

During the ceremony at the Hawaii State Supreme Court, the graduates were presented with certificates and congratulatory remarks from Alan Yamamoto on behalf of Sen. Mazie Hirono, Rep. Tulsi Gabbard and Rep. Mark Takai.

“Two years ago, each of you made the decision to change your life for the better,” Yamamoto relayed from Sen. Hirono. “The road to reinventing one’s self is never easy ... know that you are not alone, and you continue to inspire others.”

According to a media advisory released by the Hawaii State Judiciary, the defendants selected to participate are military members who have served our country and later experienced adjustment difficulties. Many struggle with substance abuse and have experienced mental health issues, including post-traumatic stress disorder.

“This program gave me the opportunity to restore my dignity, my freedom and to help others who are going through some of the same battles within,” said graduate John Nix.

Each graduate has undergone extensive treatment and counseling, frequent urinalysis, meetings with probation officers and court appearances.

“I think our program is a role model for the rest of the nation. The success rate is very good, and it’s a great thing we can do for our veterans who are getting their life back together,” said Wayne Pfeffer, director, VA Pacific Islands Health Care System, who shared welcome remarks and thanked the veterans for their service, and the mentors for giving tremendous time and really caring.

The Veterans Treatment Court takes a holistic ap-

Brothers in arms are brothers in recovery

proach to help provide the resources and treatment these veterans need to get healthy, get employed and return to being law-abiding citizens, so they may enjoy the freedoms they fought to protect.

“Many of you are familiar with my passion for helping our veterans,” Kubo said. “That passion comes from one thing – from watching my father serve in World War II and the Korean War.”

Each graduate has also been assisted with finding housing and employment. Their graduation celebrates their success in achieving a clean and sober lifestyle and a chance for a successful future with a job and other opportunities.

“An integral part of this program’s success are the volunteer veteran mentors who have an understanding of the difficulties these men and women are facing and walk alongside them throughout the process of recovery,” said Kubo.

He thanked the staff from the U.S. Vets and Sand Island Treatment Center, other mentors and volunteers, and several military officers in attendance for their support to the program.

Since its inception in 2013, the Hawaii Veterans Treatment Court continues to grow, on both Oahu (First Circuit) and Hawaii Island (Third Circuit), as an increasing number of attorneys submit applications for their clients to participate in the program.

“We are always seeking veteran mentors,” said Serena Trehern, Veterans Court Mentor coordinator for the VA Pacific Islands. She said new and returning mentors are always welcome, and those who began volunteering after April 2015 must attend a four-hour orientation.

“What I love about this unique program is that VTCs recognize service to the country has value, and that many of the issues service members are experiencing are service-related. So we strive to tailor their treatment services and supervision to their service-connected injuries,” said Janice Bennett, secretarial administrator, Hawaii VTC. “It is also the only type of specialty court that requires mentors to be assigned one to one, for the camaraderie of someone who has been there, to help them truly ‘come home.’”

Mentors Wanted

Sessions this month are Fridays, 8 a.m.-12 p.m., Nov. 20 and Nov. 27.

For information about becoming a Veterans Court mentor, call 433-0328.



Soldiers assigned to 325th BSB, 3rd BCT, 25th ID, watch television during their time off in the renovated “Mustang Stables,” their BOSS Game Room. At the inset, Lt. Col. Patrick A. Disney, their commander, cuts a ribbon to officially mark the opening of the Game Room, Oct. 16.

325th BSB goes to work, reinvents BOSS Game Room

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Sounds of conversation and laughter filled the air in the 325th Brigade Support Battalion BOSS (Better Opportunities for Single Soldiers) Game Room, better known as the “Mustang Stables,” after a ribbon cutting ceremony to officially complete the game room in E Quad, here, recently.



Soldiers assigned to 325th BSB, 3rd BCT, 25th ID, take advantage of the different activities the unit’s new game room, known as the Mustang Stables, offers the Soldiers during their personal time.

“Looking around and seeing the smiles on the Soldiers’ faces is everything I was hoping for when this whole thing started,” said Spc. Jesse Ballow, BOSS president, for 325th BSB, 3rd Brigade Combat Team, 25th Infantry Division.

When Ballow took the position of BOSS president, he wondered what he could do to leave his mark on the battalion, and as he was on his way to his first command and staff meeting, he found it.

“As I was walking to my first meeting as president, I walked by this empty room labeled Game Room. I knew then I had to make a change,” Ballow said.

He went to the meeting and proposed to renovate the empty Game Room into a full-fledged area for the Soldiers to spend their free time.

“I knew we had day rooms, but they were kind of dilapidated, so I thought it was a great idea to spruce it up and leave our mark on it,” said Lt. Col. Patrick A. Disney, commander, 325th BSB, 3rd BCT, 25th ID.

Reinvent

With the green light from the commander, Ballow set a goal of 15 days to completely renovate the room.

“I wanted to get the room done quickly instead of stretching it out into the upcoming months and possibly losing the flame for this,” he said.

The 15-day time line not only was a personal challenge for himself, but it was more because he wanted to get the room ready immediately for the Soldiers to use.

With the help of other BOSS representatives, the Soldiers volunteered their time off to making this room a reality, even working over a four-day weekend to complete the room inside the set time.

When it was all said and done, the battalion commander had nothing but good things to say about what the Soldiers had accomplished.

“This room screams pride and ownership,” Disney said. “It shows how creative our Soldiers are and how willingly they are to make their footprint better for themselves and future generations.”

In recognition for his efforts with making the Game Room a



Soldiers assigned to 325th BSB, 3rd BCT, 25th ID, can enjoy games of pool in Mustang Stables, the BOSS Game Room.

reality, the commander awarded him a Certificate of Achievement and a Commander’s Coin for excellence.

“If you look around, it’s exactly what I wanted,” Ballow said. “Just seeing the smiles on the Soldiers’ faces enjoying the Game Room is better than any award I could receive.”

8th TSC warrior talks values with future generation

Story and photo by
SGT. 1ST CLASS NICOLE HOWELL
8th Theater Sustainment Command Public Affairs

MILILANI — When Soldiers have the opportunity to make an impact on the lives of those they serve, they see it as a privilege and honor. Being a volunteer is the very core of how the Army is staffed.

It is also a way for Soldiers to give back to and take care of their host community. It is a way for them to show both the American people and those countries abroad the commitment the Army has to those it serves – even during peacetime.

For Lt. Col. Dustin Bishop, the 8th Theater Sustainment Command information technology officer, volunteering at his children’s school is one way he can help shape the future of the country. That is why he felt honored when he was asked to be a volunteer speaker during the school’s College and Career Readiness Week.

Oct. 21, Bishop spared no expense as he dressed up in his Army Service Uniform for the first graders at Mililani ‘Ike Elementary School, here, to tell them some of the most important things he believes they can do to succeed now and in the future.

“This is where our future leaders are being shaped,” said Bishop. “It’s the most efficient way to inject your experiences and wisdom in a meaningful way.

“The kids tend to connect with those they have most in common,” he explained. “Bring-



Lt. Col. Dustin Bishop, an information technology officer in the 8th TSC, talks to first grade students about the importance of staying true to their values at Mililani 'Ike Elementary School, Oct. 21.

“Children are never too young to plant the seeds of success” said Bishop. “If we immerse children in an environment where choosing higher education and setting goals toward establishing careers seems normal, they stand a far greater chance of successfully navigating the perils of teenage years, and finding themselves on glide paths envisioned years earlier.”

ing in a famous NFL player to speak on such topics is fun and exciting, but does it really resonate over time the way mothers and fathers from the community do?”

Tiny chair

He sat in a tiny chair, even after being of-

ferred a full-size chair. He sat in front of the children with his son, Dietrich, front and center.

He was on their level. The children were quiet and watched him as he spoke in a manner that they could understand.

“The very same values I learned in first

grade are the values that I live by today,” said Bishop. “Now I work with technology in the Army. I manage resources like people, equipment, time and money. I get to work with amazing people, from all backgrounds, who teach me something new every day.”

While talking to the students, he explained how their school’s Six Pillars of Character are nested into the seven Army values.

“Children are never too young to plant the seeds of success,” said Bishop. “If we immerse children in an environment where choosing higher education and setting goals toward establishing careers seems normal, they stand a far greater chance of successfully navigating the perils of teenage years, and finding themselves on glide paths envisioned years earlier.”

As his visit to the classroom ended, he asked the children if they knew what their next goal was, and they shouted, “To finish our homework!”

He laughed and said, “That is a great goal! I was thinking more along the lines of making it to the second grade.”

The children grew excited and a few children whispered, “Yeah!”

“I felt both privileged and fortunate to be asked to speak at this event,” said Bishop, “privileged to serve in such a professional organization that makes it so easy to dedicate my life’s work to, and fortunate to serve a public that holds its public servants in such high regard.”



Briefs
Today

AFAP Conference Training — Training for registered Army Family Action Plan (AFAP) facilitators, recorders/transcribers and issue support (FRTI) personnel is Nov. 6, 10-11:30 a.m. and 3-4:30 p.m., at ACS. Volunteer to be an FRTI. Call 655-4227.

Grill Your Own Steak Night — Grill your own steak every 1st and 3rd Friday, from 3-8 p.m., at the FS Hale Ikena on Mulligan’s lanai for \$13.95, or let one of the chefs grill it for an extra \$3. All steaks are served with a baked potato and the chef’s choice of vegetable. Call 438-6715.

7 / Saturday
2016 Pro Bowl Tickets — Special presale ticket offering begins 8:30 a.m. at the SB Leisure and Travel Services office, sold on a first-come, first-served basis, at Bldg. 3320, Flagview Mall, for the Jan. 31, 2016, all-star game at Aloha Stadium.
Limit eight tickets per person on the first day of sale; no limit thereafter. Ticket purchaser must have a military ID and be 18 years of age or older. Call 655-9971.

Stand-Up Paddleboarding 101 — Join Outdoor Recreation for stand-up paddleboarding, 8:30 a.m.-12:30 p.m. ODR will provide transportation, equipment and instruction for \$59 per person. Bring water, snacks and sunscreen. Register by noon Nov. 6 to secure a position. Call 655-9046.

SB Kolekole Bar & Grill — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

8 / Sunday
Sunday Brunch at Hale Ikena — Savor roasted prime rib with a peppercorn and garlic crust along with exquisite dishes with flavors infused from the Pacific Rim, Asia and Hawaii Nouveau, 10 a.m.-1 p.m.
Groups and large parties welcome. Reservations are recommended; adults \$24.95 with children’s prices available. Call 438-1974.

9 / Monday
Stress Solutions — In this basic workshop, noon -1 p.m, ACS will identify the causes of stress as well as how it affects our lives. Share techniques such as positive self-talk and

RACING IN PINK



Photo by Dede Cornish

WAIKIKI — The Hui ‘O Na Wahine, also known as the Schofield Spouses Club, pose after racing in pink to raise funds for the Susan G Komen organization on Oct. 18, here. Racing members include, back row from left to right, Michelle Todsén, Stacy Adair, Carlie Lawes, Laura Musico, Jen Wagnon, Dede Cornish, Traci LaRosa, Priscilla Rojas and Ingrid Cureton. Front row racers are Laura Jones and Kat Fresh. Upcoming Hui events and membership information are detailed below.



Hui ‘O Na Wahine 2015-16 Membership

Join Schofield’s All Ranks Spouses Club

Join us for Another Day in Paradise!

It's never too late to join! You may join anytime throughout the year! Membership is \$25. For more information, email huischofield@gmail.com

BENEFITS TO JOINING!

- Monthly luncheons
- Yearly Mock Dinning In
- Community Service
- Scholarship Opportunities
- Thrift Store Discounts
- Additional Club Activities
- Lasting Friendships
- Amazing Memories

Monthly Luncheons

Sept 15	Aloha E Komo Mai
Oct 20	Poppin’ Tags Old School: Thrift Shop Fashion show
Nov 17	Come Sail Away
Dec 15	Mele Kalikimaka: Make It, Bake It, Fake It
Jan 19	Hui Take Me Away: Spa Day
Feb 16	Chinese New Year: Joint Luncheon w/ Fort Shafter
Mar 12	Mock Dining In: An Evening Event
Apr 19	Freaky Tiki Murder Mystery
May 17	Aloha ‘Oe

Doors Open at 10:30 AM
Luncheon Begins at 11:15 AM
Nehelani Ballroom, Schofield Barracks
huisreservations@gmail.com

www.schofieldspousesclub.com
huischofield@gmail.com
Find us on Facebook!

how to not take things personally. We also introduce a variety of relaxation techniques at ACS Bldg. 2091. To register, call 655-4227.

Mongolian Barbecue — “Create your own stir fry” begins at 5 p.m. on Mondays at the Nehelani. Create delicious, healthy food that you can customize using a variety of meats, poultry, seafood, vegetables, sauces and spices. Children’s menu is available. Cost is 65 cents for each ounce. Call 655-4466.

10 / Tuesday
SKIES Unlimited School of Art — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.
Open to CYS Services registered children ages 7-18 at \$55 per month.

Call 655-9818.

12 / Thursday
Arts and Crafts — Moms “n” tots work together on a creative project, 10-11 a.m., every Thursday. Cost is \$5. Call 655-4202.

13 / Friday
Holiday Crafts Sale — Arts and Crafts hosts the annual two-day sale beginning Friday, Nov. 13, 9 a.m.-4 p.m., Bldg. 572, 919 Humphreys Road. Call 655-4202.

17 / Tuesday
FS Storytime — All preschool age children are welcome at 10 a.m. for reading, dancing and crafts every first and third Tuesday of the month. Call 438-9521.

18 / Wednesday
Spouses Boots to Business En-

trepreneur Seminar — ACS presents two-day seminar with experienced business owners who will identify tools and strategies to start your own business on Wednesday, 9 a.m.-noon, and Thursday, 9 a.m.-3 p.m. Call 655-4227 or register online at www.himwr.com/acs.

BOSS Meetings — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.
•North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
•South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.
BOSS is waiting for your call at 655-1130.

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Golf Tournament — Sponsors, donors and players are sought for the Veterans Association of Real Estate Professionals to participate in the “Star & Stripes” Golf Tournament, Friday, Nov. 6, at the Ewa Beach Golf Club. Proceeds benefit the housing needs of our veterans and active duty personnel. Visit www.varep.net/starsandstripes or call 388-5555.

Margaret Cho “Psycho Tour” — Comedian performs at the Blaisdell Concert Hall, 8 p.m. Ticket information available at the Blaisdell Box Office info line, 768-5252.

7 / Saturday
KoleKole Walking-Hiking Trail — The trail is closed, Nov. 7-8, due to live-fire training.

Leilehua H.S. Holiday Craft Fair — Get ready for the holiday season and check out the various craft booths, handmade items, delicious foods, yummy shave ice, plant sale, music, entertainment and door

prizes. Call 585-1836.
The free admission, family event supports LHS Project Grad and school clubs.

Hickam Free Screening — “The 33” shows at 4 p.m., Nov. 7, at Hickam Memorial Theater. Doors open at 2 p.m. Tickets available at Hickam food court. Call 422-4425.

8 / Sunday
Bishop Museum — Family and friends are invited to spend the day exploring the life, legacy and values of Hawaii’s legendary Duke Paoa Kahanamoku at Bishop Museum’s “A Day with Duke,” 9 a.m.-2 p.m.
Bishop Museum members and children ages 3 and under are free; kama’aina and military are \$5 per person all day. (Valid I.D. required.)

11 / Wednesday
Battleship Memorial Sunset Ceremony — Veterans Day event runs from 4:30-5:30 p.m. and is free and open to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.
For information or reservations, call (toll free) 1-877-644-4896 or visit USSMissouri.org.

12 / Thursday
Janet Jackson, Unbreakable World Tour — Music icon, multiple Grammy Award-winner and multi-platinum selling artist performs, 8 p.m., Nov. 12-14, at the Blaisdell Arena. Call 768-5400.

14 / Saturday
Eat The Street — Schofield Exchange Mall hosts, 10 a.m.- 2 p.m., Nov. 14, with food, Hali Hali horse rides, a bounce house and more. Contact the SB Exchange at 423-7694.

Sea Life Park — Get face-to-fin with more of Hawaii’s native marine life at its newly renovated Touch Pool exhibit at its Nov. 14 grand reopening premier. The 3,000 square foot exhibit features a one-of-a-kind immersive experience. The new attraction includes three areas, including a showcase of baby sharks and juvenile Hawaiian rays for the first time, and an interaction with baby honu (Hawaiian sea turtles) during hatching season. Call 259-2500 or visit www.sealifeparkhawaii.com.

The Glenn Miller Orchestra — An evening of unforgettable music of the 1940s from the Golden Era of Swing begins at 6 p.m., Nov. 14, at the Blaisdell Concert Hall. The Glenn Miller Orchestra features 26 musi-

cians and phenomenal singers and dancers, performing music from the library of The Glenn Miller Army Air Force Band. Call 768-5252.

15 / Sunday
“Raisin in the Sun” — The Actor’s Group performs at Powell Theatre, Dole Cannery, weekends through Nov. 15. Military tickets are \$15. Make reservations at 722-6941 or online www.taghawaii.net. Call 741-4699.

17 / Tuesday
America Recycles — Recycle outdated electronics at one of three Electronic Waste Recycling events this November. Each event will be held 9 a.m.-noon on the following dates and locations:
•SB/WAAF on Tuesday, Nov. 17, at the commissary parking lot.
•FS on Wednesday, Nov 18, at the Parking lot near the library, gym and bowling alley.
•TAMC on Thursday, Nov. 19, at the dirt pull-off on Kurkowski Road. Turn left after entering the main gate; pull-off will be on your right.
Acceptable items include laptops, LCDs, printers, fax machines, copy machines, stereo equipment, DVD players, computers and peripheral equipment, wires and cables, telecom equipment, personal cell phones and medical equipment with no bio hazards.

worship
Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at Wheeler Annex

Protestant Worship
•Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aa fes.com under realtime movie listing.

Schofield Barracks’
Sgt. Smith Theater
remains closed for
Directorate of
Public Works
maintenance work.

A January 2016
reopening
date for movie
viewing
is tentatively
scheduled.

Call Schofield
Exchange at
237-4502/4572.

No shows on Mondays, Tuesdays or Wednesdays.



Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Maj. Gen. Charles A. Flynn, senior commander, U. S. Army Hawaii, and Command Sgt. Maj. Scott Brzak, 25th ID senior enlisted leader, join local schoolchildren as they display certificates of achievement for their winning posters in the Youth Take a Stand! poster campaign, Oct. 28.

Army Hawaii recognizes volunteers and keiki art

Story and photo by
DORIS PANGELINAN
Staff Writer

SCHOFIELD BARRACKS — Seventeen adults were honored for their outstanding volunteer service and seven children for creating the best posters for Youth Take A Stand! at the U.S. Army Hawaii Recognition Ceremony at the Nehelani, here, Oct. 28.

Attended by nearly 200 people, Maj. Gen. Charles A. Flynn, USARHAW senior commander and 25th Infantry Division commander, and Command Sgt. Maj. Scott Brzak, 3rd

Brigade Combat Team, 25th ID senior enlisted leader, presented each winner with a framed award and special medal.

Held quarterly, the Na Koa ceremony honors USARHAW community members who have dedicated a lot of their free time to volunteer work.

“Each volunteer here today has provided many hours of their time and talent to an organization within our community,” said Flynn, “and this impactful volunteer service has certainly improved the quality of life for our Soldiers and their families and helped to build a stronger community.

“With today’s very challenging fiscal realities in our government, it would be virtually impossible for our many family programs to offer the many services they provide without your dedicated volunteer efforts,” he said.

The Hawaiian phrase “Na Koa” translates to “the Warriors” and was selected because of its historical significance for the Army in Hawaii. The medals awarded feature the “Lazy H” insignia, whose octagonal yellow “H” stands for the eight islands of the Hawaiian group and is set on a scarlet background – yellow and scarlet being the old Royal Hawaiian colors.

For the first time, the ceremony included and recognized schoolchildren of various ages who were winners of the Youth Take A Stand! poster campaign. Flynn and Brzak presented them with certificates of achievement for their support of the Youth Take A Stand! awareness and education campaign immediately after the handing out of the Na Koa awards.

The ceremony concluded with a buffet out on the terrace.

Na Koa Award Recipients

Sgt. 1st Class Donaval Avila
Leslie Barkley
Marlene Barretto
Amy Horner
Anna Hurning
Danielle Lofreddo
Micielle Loper
Tiffany Macmanus
Kristie McKiddy
Melissa Reed
1st Sgt. Jamila Smith
Sarah Smith
Shirlene Tamayori
Ayanna Whitesides

Bronze Award Recipients

Chantay Burleson
Amy Christofferson
Amanda Crowell

Let’s honor our military with a show of respect

“Now serving R-1-4-7, at window No. 3,” a mechanical female voice said from the base clinic’s new automated pharmacy system.

My ticket read “R-154”.



I grabbed a copy of the base newspaper, “The Navalog,” from the rack inside the revolving door, and took a seat with all the others in the waiting area.

I searched the pages for something to distract me from my tendency to people-watch.

I recognized my base neighbor in a photograph and pulled the paper closer to my eyes.

“Subway opens at NEX,” one headline read, and my mouth watered thinking of my favorite tuna on wheat. There was a blurb about a foreign policy lecture at the War College, and I made a mental note to tell my husband about it.

“Now serving R-1-4-8 at window No. 2. Sigh.

After a swish of the revolving door, I heard heated banter prompting me to peek over the classified ads.

“Now you sit down right there!” a tiny old woman with bushy salt-and-pepper hair and a shirt embroidered with teddy bears barked at her companion, while pointing to a row of chairs.

The companion was an even older woman – A friend? A sister? A neighbor? – She had short wispy, white hair, thick glasses and a quad cane.

The companion hobbled over to the chairs and sat begrudgingly, muttering something about not needing any help. The two argued about where to put their pocket books, until one blurted, “Knowing me, I’ll forget where it is. I can’t even remember where I parked the car!” and they both laughed.

Clearly, their hostile banter was just a shtick. These two were good friends, most likely retired military friends or military spouses, helping each other in the pharmacy.

As I watched them, I wondered what their lives had entailed.

They looked to be in their late 70s or 80s, both wearing the elastic-waisted polyester pants that are advertised in the back of “Parade Magazine.”

How long were they in the military? What had they lived through?

I wasn’t the only one watching the feisty old retirees’ comedy act. A man in uniform waiting nearby stepped toward them and said, “I got you a number from the kiosk over there.

“You need one to pick up a prescription. It’s a new system, but I can help you,” he said.

The white-haired woman grumbled and snatched the ticket from the service man’s hand, having no intention of learning the new-fangled system.

Her salt-and-pepper friend thanked the man kindly, before scolding her companion for being rude.

Others standing by peeked over to see the number on the women’s ticket, R-156, so they could help when the time came. Everyone seemed to understand that these women had earned their place in the line – and in life.

There was no need for the women to abide by the new pharmacy system or tone down their cantankerous banter. Somehow, the rest of us in the waiting room knew they were to be respected and taken care of, and it was our duty to do it.

We watched with genuine reverence, knowing that someday, we’ll be the retirees in the military clinic pharmacy waiting rooms needing help.

We’ll be the ones wearing wrap-around sunglasses, pushing shopping carts through the commissaries, bickering over coupons and deli meats. We’ll be the ones telling old stories of proud moments, of sacrifices, of military friends lost and gained along the way.

Without a spoken word between us, we made a collective pact to help the two retired women that day.

It took 37 minutes for my number to be called, but I was grateful for the opportunity to observe the military folks around me. Whether we know each other personally or not, we are one people, one community, one family.

We share experiences and a sense of respect for our unique lifestyle. And we take care of each other.

This Veterans Day, open your eyes to fellow military members in your community. Share stories, show respect and lend a helping hand.

(Currently stationed in Newport, Rhode Island, Molinari is a 21-year military spouse and mother of three, whose award-winning columns appear in military and civilian newspapers nationwide, and on her blog, themeatandpotatoesoflife.com. Follow Molinari on Facebook.)

POSTER CONTEST



Contest artwork provided by Xavier Garrido, 11th Grade, and High School 2nd place award winner.



CLICK IT OR TICKET





TAMC TIP

Low Back Pain



If you have low back pain you are not alone. At any given time, about 25 percent of people in the U.S. report having low back pain.

In most cases, low back pain is mild and disappears on its own.

The symptoms of low back pain vary greatly. The pain may be dull, burning or sharp. A person might feel the pain at a single point or over a broad area. The pain might be accompanied by muscle spasms or stiffness.

There are three different types of low back pain:

- Acute, pain lasting less than three months.
- Recurrent, acute symptoms come back.
- Chronic, pain lasting longer than three months.

Often, low back pain occurs due to overuse, strain or injury. It could be caused by too much bending, twisting, lifting – or even too much sitting. Often the actual cause of low back pain isn’t known and symptoms usually resolve on their own.

In many cases a physical therapist can help improve or restore mobility and reduce low back pain without expensive surgery or the side effects of medications.

Contact a physical therapist or your health care provider to discuss if physical therapy is the right solution for your lower back pain.

(Submitted by Capt. Tiffany Root, physical therapist, Tripler Army Medical Center.)



Tripler provides ‘room service’

Story and photo by
EMILY YEH

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler’s Nutrition Care Division (NCD) began offering room service dining for in-patients, Oct. 27, with a stated priority of providing patients with high-quality, personalized care.

Tripler’s patients will now enjoy a similar dining experience to the room service guests receive at hotels.

Feel “at home”

A patient’s medical needs will not be overlooked and will always be the prime focus during his or her stay at Tripler, but this new service gives patients an opportunity to feel more at home, enhancing the recovery process.

Patients will have more control of their daily routine and personal well-being ordering their own personalized meals.

“It is the goal of Tripler’s Nutrition Care Division to provide patient-centered meal service that looks and tastes great, is made fresh to order and meets the nutritional needs of our patients,” said Lt. Col. Julie Hudson, chief, Nutrition Care Division.

For short-term, in-patients, it allows minimum interruption to their current lifestyle. For long-term patients, it also provides this benefit, with the added value of learning a new way to look at food and nutrition.

“Adequately nourishing patients is a major concern, especially in a hospital setting. Many patients eat poorly while in the hospital. Proper nutrition positively impacts clinical outcomes and can reduce a patient’s recovery time,” said Capt. Stephanie Gasper, chief, Medical Nutrition Therapy.

“Room service has the added benefit of allowing the patient to select the food they want to eat, when they want to eat it, which encourages patients to improve their overall nutritional status,” she said.

Customizable

The customizable adult and keiki menus allow patients to choose meals tailored to their needs and habits. Each meal is prepared within 45 minutes of an order. Patients, or designated family members, can call 433-6495 to order meals anytime between the hours of 7 a.m. to 6 p.m., seven days a week.

Trained call center staff take the orders, generating a ticket, which initiates preparation of the meal. A specially trained room service attendant is then dispatched to deliver the food to a patient’s bedside.

The extensive menu, provided when a patient is admitted, offers a variety of choices for a diner. The menu features an all-day breakfast, made-to-order salads, personal pizzas, grill items, local Hawaiian favorites and dessert.

Significance of food

Many cultures connect using food. It is an important component to everyone’s life. Tripler is sensitive to these needs and can make religious and cultural accommodations.

“At Tripler, we strive to provide patient-centered, culturally sensitive health care,” said Maj. Maria Yates, chief, Production and Services Branch, Tripler. “The new room service menus offer local Hawaiian favorites like loco moco, kalua pork and cabbage, and a teriyaki burger. We also offer special menus for holidays, such as Thanksgiving and Christmas.”

The new room service amenity offers an opportunity to provide education to patients as well. Heart healthy options (tasty foods, lower in sodium, fat and cholesterol) are offered and denoted with a heart on the menus.

The menus also offer nutritional tidbits, such as the amount of carbohydrates per serving of a particular choice. For example, patients with diabetes can monitor their intake with food items by using the corresponding number of carbohydrates per serving as a guide.

Providing quality care to beneficiaries in a highly reliable setting is a priority for Tripler and the Nutrition Care Division.

Capt. Mary Staudter, chief, Production and Service, Tripler, emphasizes, “Room service is geared toward ensuring patients receive the nutrition and nutrition education ... to enhance their dietary requirements, make sound dietary choices and speed recovery. We know our well-designed menu and great tasting food will play a critical role in enhancing the overall patient experience.”



Specially trained room service attendants are delivering meals ordered through room service to patients at Tripler within 45 minutes of the time it was ordered.